

HYBRID WALL CALENDAR/TRACKER

TRANSFORM:20™

BONUS WITH WEIGHTS

Are you ready to transform everything in 6 weeks? Abs. Legs. Butt. Your entire body. In each workout, you'll find three 1-minute Transformers to challenge you (labeled below as T1, T2, T3). Use this calendar to keep track of your performance and progress and watch your improvement week after week. Share video of yourself and your results on social media with #Transform20

These alternate workouts can be done in place of Stronger or Cut, or added to any day.

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	BONUS #1	BONUS #2
CHAPTER 1: COMMIT	WEEK 1	DAY 0 WATCH TRANSFORM YOUR LIFE WITH SHAUN T AND TAKE DAY 1 PHOTOS	DAY 1 BURN T 1: RAPID TAPS _____ T 2: TWIST OBL KICKS _____ T 3: ROCKETMAN _____	DAY 2 FASTER T 1: OVER TOP, X JACK _____ T 2: L REACH _____ T 3: SKI ABS, IN/OUT _____	DAY 3 STRONGER T 1: 90° AB TRAPPER _____ T 2: HOVER AB KICKS _____ T 3: BURPEE HOP _____	DAY 4 POWERFUL T 1: PARKOUR _____ T 2: TS SQUAT REACH _____ T 3: LUNGE PUNCH _____	DAY 5 CUT T 1: OVER STEP JUMP _____ T 2: HAND REL PUSH-UP _____ T 3: TRIANGLE _____	DAY 6 BALANCED T 1: CLIMB PUSH-UPS _____ T 2: PLANK, OBL TRAP _____ T 3: BALANCED DIPS _____	BUILT STRONGER 1.0 T 1: EXTEND & PRESS ABS _____ T 2: OVER STEP X _____ T 3: MOVING FLOOR SPRINTS _____	RIP 'N CUT 1.0 T 1: C-SIT, HEEL TAPS _____ T 2: REV CRUNCH & REACH _____ T 3: C-SIT TUCK & EXTEND _____
	WEEK 2	DAY 7 REST AND WATCH TRANSFORM YOUR LIFE WITH SHAUN T	DAY 8 BURN T 1: RAPID TAPS _____ T 2: TWIST OBL KICKS _____ T 3: ROCKETMAN _____	DAY 9 FASTER T 1: OVER TOP, X JACK _____ T 2: L REACH _____ T 3: SKI ABS, IN/OUT _____	DAY 10 STRONGER T 1: 90° AB TRAPPER _____ T 2: HOVER AB KICKS _____ T 3: BURPEE HOP _____	DAY 11 POWERFUL T 1: PARKOUR _____ T 2: TS SQUAT REACH _____ T 3: LUNGE PUNCH _____	DAY 12 CUT T 1: OVER STEP JUMP _____ T 2: HAND REL PUSH-UP _____ T 3: TRIANGLE _____	DAY 13 BALANCED T 1: CLIMB PUSH-UPS _____ T 2: PLANK, OBL TRAP _____ T 3: BALANCED DIPS _____	BUILT STRONGER 1.0 T 1: EXTEND & PRESS ABS _____ T 2: OVER STEP X _____ T 3: MOVING FLOOR SPRINTS _____	RIP 'N CUT 1.0 T 1: C-SIT, HEEL TAPS _____ T 2: REV CRUNCH & REACH _____ T 3: C-SIT TUCK & EXTEND _____
CHAPTER 2: CLIMB	WEEK 3	DAY 14 REST AND WATCH TRANSFORM YOUR LIFE WITH SHAUN T	DAY 15 BURN T 1: RAPID TAPS _____ T 2: TWIST OBL KICKS _____ T 3: ROCKETMAN _____	DAY 16 FASTER T 1: OVER TOP, X JACK _____ T 2: L REACH _____ T 3: SKI ABS, IN/OUT _____	DAY 17 STRONGER T 1: 90° AB TRAPPER _____ T 2: HOVER AB KICKS _____ T 3: BURPEE HOP _____	DAY 18 POWERFUL T 1: PARKOUR _____ T 2: TS SQUAT REACH _____ T 3: LUNGE PUNCH _____	DAY 19 CUT T 1: OVER STEP JUMP _____ T 2: HAND REL PUSH-UP _____ T 3: TRIANGLE _____	DAY 20 BALANCED T 1: CLIMB PUSH-UPS _____ T 2: PLANK, OBL TRAP _____ T 3: BALANCED DIPS _____	BUILT STRONGER 2.0 T 1: EXTEND & PRESS ABS _____ T 2: OVER STEP X _____ T 3: MOVING FLOOR SPRINTS _____	RIP 'N CUT 2.0 T 1: C-SIT, HEEL TAPS _____ T 2: REV CRUNCH & REACH _____ T 3: C-SIT TUCK & EXTEND _____
	WEEK 4	DAY 21 REST AND WATCH TRANSFORM YOUR LIFE WITH SHAUN T	DAY 22 BURN T 1: RAPID TAPS _____ T 2: TWIST OBL KICKS _____ T 3: ROCKETMAN _____	DAY 23 FASTER T 1: OVER TOP, X JACK _____ T 2: L REACH _____ T 3: SKI ABS, IN/OUT _____	DAY 24 STRONGER T 1: 90° AB TRAPPER _____ T 2: HOVER AB KICKS _____ T 3: BURPEE HOP _____	DAY 25 POWERFUL T 1: PARKOUR _____ T 2: TS SQUAT REACH _____ T 3: LUNGE PUNCH _____	DAY 26 CUT T 1: OVER STEP JUMP _____ T 2: HAND REL PUSH-UP _____ T 3: TRIANGLE _____	DAY 27 BALANCED T 1: CLIMB PUSH-UPS _____ T 2: PLANK, OBL TRAP _____ T 3: BALANCED DIPS _____	BUILT STRONGER 2.0 T 1: EXTEND & PRESS ABS _____ T 2: OVER STEP X _____ T 3: MOVING FLOOR SPRINTS _____	RIP 'N CUT 2.0 T 1: C-SIT, HEEL TAPS _____ T 2: REV CRUNCH & REACH _____ T 3: C-SIT TUCK & EXTEND _____
CHAPTER 3: CONQUER	WEEK 5	DAY 28 REST AND WATCH TRANSFORM YOUR LIFE WITH SHAUN T	DAY 29 BURN T 1: RAPID TAPS _____ T 2: TWIST OBL KICKS _____ T 3: ROCKETMAN _____	DAY 30 FASTER T 1: OVER TOP, X JACK _____ T 2: L REACH _____ T 3: SKI ABS, IN/OUT _____	DAY 31 STRONGER T 1: 90° AB TRAPPER _____ T 2: HOVER AB KICKS _____ T 3: BURPEE HOP _____	DAY 32 POWERFUL T 1: PARKOUR _____ T 2: TS SQUAT REACH _____ T 3: LUNGE PUNCH _____	DAY 33 CUT T 1: OVER STEP JUMP _____ T 2: HAND REL PUSH-UP _____ T 3: TRIANGLE _____	DAY 34 BALANCED T 1: CLIMB PUSH-UPS _____ T 2: PLANK, OBL TRAP _____ T 3: BALANCED DIPS _____	BUILT STRONGER 3.0 T 1: EXTEND & PRESS ABS _____ T 2: OVER STEP X _____ T 3: MOVING FLOOR SPRINTS _____	RIP 'N CUT 3.0 T 1: C-SIT, HEEL TAPS _____ T 2: REV CRUNCH & REACH _____ T 3: C-SIT TUCK & EXTEND _____
	WEEK 6	DAY 35 REST AND WATCH TRANSFORM YOUR LIFE WITH SHAUN T	DAY 36 BURN T 1: RAPID TAPS _____ T 2: TWIST OBL KICKS _____ T 3: ROCKETMAN _____	DAY 37 FASTER T 1: OVER TOP, X JACK _____ T 2: L REACH _____ T 3: SKI ABS, IN/OUT _____	DAY 38 STRONGER T 1: 90° AB TRAPPER _____ T 2: HOVER AB KICKS _____ T 3: BURPEE HOP _____	DAY 39 POWERFUL T 1: PARKOUR _____ T 2: TS SQUAT REACH _____ T 3: LUNGE PUNCH _____	DAY 40 CUT / SHAUN-A-THON T 1: OVER STEP JUMP _____ T 2: HAND REL PUSH-UP _____ T 3: TRIANGLE _____ T 4: RAPID TAPS _____ T 5: TWIST OBL KICKS _____ T 6: ROCKETMAN _____ T 7: PARKOUR _____ T 8: TS SQUAT REACH _____ T 9: LUNGE PUNCH _____	DAY 41 BALANCED T 1: CLIMB PUSH-UPS _____ T 2: PLANK, OBL TRAP _____ T 3: BALANCED DIPS _____	BUILT STRONGER 3.0 T 1: EXTEND & PRESS ABS _____ T 2: OVER STEP X _____ T 3: MOVING FLOOR SPRINTS _____	RIP 'N CUT 3.0 T 1: C-SIT, HEEL TAPS _____ T 2: REV CRUNCH & REACH _____ T 3: C-SIT TUCK & EXTEND _____
		DAY 42 TAKE WEEK 6 PHOTOS	My daily SHAUN-FIRMATION:							

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.

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